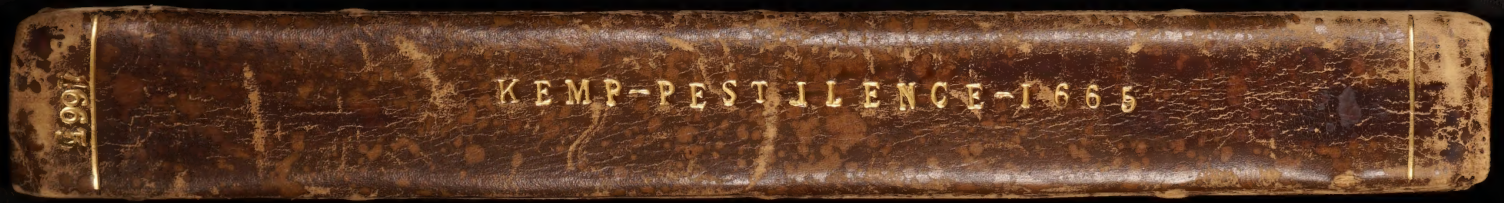
KEMP-PESTILENCE-1665
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A DISCOURSE OF THE Plague.

Containing

The Nature, Cauſes, Signs, and Preſages of the Peſtilence in general.

Together with the ſtate of the preſent Contagion.

Alſo moſt rational Preſervatives for Families, and choice Curative Medicines both for Rich and Poor.

With ſeveral waies for purifying the air in houſes, ſtreets, *&c.*

Publiſhed for the benefit of this Great City of *London*, and Suburbs,

By *Gideon Harvey* M. D.

London, Printed for *Nath. Brooke*, at the *Angel* in *Cornhill*, near the Royal Exchange. 1665.

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Advice against the Plague.

The Preface.

PHysicians can never discharge their Duty with greater Applause, than by contributing their aid to popular Diseases, which at this season is the prime movent of these Meditations. I might justly vacate from this task, having so lately amused my self about a Tract of the French Contagion; *but since doing a thing opportunely is twice doing, renders me more willing to Oblige the World with a Proposal of my sentiment upon this accruing* Pest, *and advice of* Preservatives, Curatives, *and Extinguishers of whatever Pestilent seminaries might be conceived in the Air.*

Distinction I.

Comparisons of Plagues.

PLagues do ordinarily survene great Inundations, Stinks of Rivers, unburied Carcases, Mortality of Cattel, Withering of Trees, Extinction of Plants, an extraordinary multiplication of Froggs, Toads, Mice, Flies, or other Insects and Reptils, a moist and moderate Winter, a warm and moist Spring and

Summer, fiery Meteors, as falling Stars, Comets, fiery Pillars, Lightnings, *&c.* A ready putrefaction of Meats, speedy Moulding of Bread, briefness of the Small Pox and Measles, *&c.* Hence it may appear somewhat strange this Pest should visit us upon such disguised Forerunners, at other times consequents and signs of a late extinct Pestilence, yea potent Causes in amortising that Contagion, *viz.* a preceding rude, cold and dry Winter and Spring, a dry Summer, no appearance of fiery Meteors, except those Comets of the last Winter, which seemed not to be imminent over this Region, or to direct their rayes hither: Meats retaining their usual sweetness as at other seasons, the Measles or Small Pox less Predominant than in other years, no Inundations, no stincks of Air, no extraordinary increase of Reptils or Insects, *&c.*

Distinction II.

The Nature of the Plague.

THe Plague is a most Malignant and Contagious Feaver, caused through Pestilential *Miasms*, insinuating into the humoral and consistent parts of the Body; first speedily putrefying, then corrupting the fluors, afterwards the solid parts, whereupon a great ebullition or fermentation ensuing between the Venene Corpuscles and the Vital Spirits, causes that sense of burning heat and driness, *&c.*

Distinction III.

Signes of the Plague.

THe highest pitch or degrees of Malignity and Contagion accompanying a Feaver, are the essential pro-

properties, that distinguish the Plague from all other Diseases; so that where we find a Feaver is most Malign and most Contagious, there we are not to doubt of the birth of a Plague.

That the said Pestilence is a most Malign and Contagious Feaver, is evidenced by these signatures; particularly that superlative degree of Maliguity is known by an universal Lassitude, or Subitous soreness of all ones Limbs, as if bruised or beaten; sometimes a *Diary* Feaver, but immediatly changing into a putrid, and that soon after into a most Malign Feaver; or a Putrid Feaver at first, suddenly accrescing to a most *Malign* or *Pestilent* Feaver; or a most Malign Feaver at the first attaque, a great burning heat within and without, sometimes the heat is moderate or scarce sensible without, but within melting and burning; other times the heat is not very intense either without or within; continual vigilies, or a perpetual restlesness, with anguishing jactitations, or throwing ones self from one part of the bed to the other; a raging pain of the Head, a sudden and raving Phrensie; a loss of appetite, with a loathing of all Victuals; an insatiable drought, frequent and anguishing Vomitings; a Dysentery or griping Looseness in some, in others a Costiveness. The Pulses beat according to the nature of the Pestilence, *viz.* in a Pestilent Diary great and quick; in a putrid Pest inequal in motion and strength, but quick; in a Malign Pestilent Feaver, thick, low, languid, inequal in motion and strength, quavering and intercident. The Urine varies likewise accordingly: and observe that both Urine and Pulses are very fallacious in Pestilentials, many expiring after strong Pulses and good Urines. Spots and Blotches of several colours and figures straggling over the Body;

some are red like fleabits, but livid about; others yellow, livid, or black. A pricking of the intire skin, as if stung with Nettles: Risings like blisters, or small tumors and pushes, some red, others yellow or blackish: Carbuncles, or red, purple or blackish Boyls or inflammations about the groin, under the ears or armpits, which if they break, contain a black crust or coal within them.

The single presence of these Signs are no certain Diagnosticks or Determinations of a Plague, unless the said Feaver prove Infectious, as two or three dying in one house, or several in a Neighbourhood, of one and the same kind of Feaver, is no small argument.

Distinction IV.

Causes of a Pestilent Feaver or Plague.

Diseases are caused through some innate, or adventitious weakness of the Intrails; or vitiate quality and effect of some or all the *Non-naturals, viz.* victuals and drink, air, passions, *&c.* or by reason of some external errors, or intemperance, or ill government in the use of the said *Non-naturals*; or mischances, as falls, poysons, *&c.*

The first sort of these Causes evades all suspicion, since strong Bodies and the best Complexions are equally exposed to the said Contagion with the worst. Neither is the second accusable, most persons varying in the use and election of all the *Non-naturals*, except the air, which all Inhabitants of a City or Country seeming to inspire alike or in common, must likewise be the occasion of a common Disease.

The

The air to be capable of engendring a venomous and malign Diſeaſe, muſt be firſt venenated or rendred poyſonous it ſelf, for if diſtemper'd only generates no other than hot or cold, dry or moiſt Diſtempers: But 1. What this venom is? 2. Where out? 3. Through what? 4. Whence this venenoſity in the air arrives? are intricate Queries, that merit ſtudious Solutions.

What is this Peſtilential venom? Peſtilential ſymptoms declare nothing a proportionate efficient of their effrajable and miſcreant nature, but *Arſenical fumes*, which imitating the nature of *Arſenick*, reſult into a moſt pernicious poyſon; for *Arſenick* ingeſted within the Body in a courſe thick ſubſtance, immediatly effects enormous Vomits, Dyſenteries, burning Feavers, raging Headaches, *&c.* Much more ſuch ſubtil *Arſenical fumes*, that aggreſs the Body from all parts.

Where or in what place are the ſaid Arſenical fumes generated? The Earth can only be ſuppoſed the Womb of ſuch venene fumes, which imbibing all ſorts of ſtinking or putrid Bodies, embraces them within her cloſe receſſes, coagulates and kindles them into Peſtilential Arſenical flames; ſo that all manner of ſtinks or rotten Bodies expiring into the air, are returned by moderate Rains, and ſo ſuckt in by the Earth; likewiſe all filth and dirt thrown into ſtanding Waters, Pools, Sinks, Gutters, or Ditches, are alſo imbibed by the Earth, or by its clammy mud, and there coagulated into venene Miaſms. Whence its apparent that naſtineſs and filth of Kitchins, and ſeveral naſty Trades, as Tallow-Chandlers, Butchers, Poulterers, Fiſhmongers, Dyers, *&c.* neglect of cleanſing Gutters, Sinks or Ditches, paring the Streets, burying the dead, removing Carrions and dead Carcaſes, are great occaſions of a Plague.

Further

Further observe, that to the production of Pestilential atoms, the concurrence of these conditions is requisite: 1. That those Pestilential fumes be first embryonately or preparatively formed in a close thick or standing air, (that is not much ventilated) and close places, *viz.* by harbouring great quantities of stinks and corruptions, and returning them to the earth or mud of standing Waters, Ditches, Gutters, or dirt of the streets, to be coagulated into venene fumes, which stinks participating of a sulphurous inflamable nature, do soon kindle and are converted into flaming atoms, by being coagulated in close places, as the pores of the earth or mud. 2. A want of great showers of Rain, which otherwise would prevent a Pestilence, by washing away all stinks and mud, clear the Gutters and Sinks, cool the Earth, and extinguish those late concepted venoms. 3. Small Rains to open the pores of the Earth, and to conveigh those corruptions in the air into her bosom. 4. A dry and hot season following the moist, whereby the mud of the earth is seared up, and the foresaid malign coagulations are kindled into flaming atoms. 5. The said Arsenical bodies being now coagulated and kindled into flaming atoms, require either a very dry and warm, or subtiliating air, to melt and open the surface of the Earth, for to disincarcerate the said venene bodies, or to attract and evocate them thence: Or smal Rains to unglue and relax the earth to give vent to the inflamed atoms. 6. These expiring require a thick and dull air to support, preserve and feed them, otherwise if subtil and thin, they would soon be amortised, dissolved, or expelled by the thin quick and moveable air.

But since Plagues oft reign in places where the air seems cleer, and freed from all stinks or corruptions, its an

an argument, there must be some other sort of pestiferous matter, *viz.* Mineral arsenical fumes, engendred within the bowels of the Earth; for its probable, the Earth being an universal Parent of various mixt bodies, as Vegetables, Stones, and Minerals, must necessarily abound with excrements, that are sequestred from all those Bodies she concocts, and remain unapt of being converted into them, which she expels to the surface, and thence into the air; But if it happens the Pores of the surface should be constipated, and occasion a preternatural retention of the said excrements, probably the more sulphurous parts of them do putrefie and inflame, in the same manner of retained excrementitious humours within the Microcosm, and so assume a venene nature, which expiring infect and venenate the air. The Earth may also happen to be constipated upon great Frosts, and so we see many Plagues derive their original from a rude Winter, or by great Rains converting her surface into a tough thick mud.

Distinction V.

How the said Veneneſities cause the Plague.

THe said flaming Arsenical corpuscles floating in the air, are attracted into the Body, by Inspiration through the Lungs and Nostrils; or otherwise they pierce through ones clothes, and so penetrate into the pores of the intire Body. The said *Miasms* entring the Body are not so Energick as to venenate the intire mass of blood in an instant, (for in that case no preservatives would avail, and any Person that had but inspired the least breath of contagious air would be struck with death imme-

immediatly) but by degrees, gradually corrupting the blood, and converting its parts into bodies of their own nature. The blood being afterwards rendred so turgid with a daily access of new Pestilential atoms from without, and increase of others within, Nature finds her self incapable of resisting any longer, and yields; whereupon the concepted fiery atoms unite, and excite a Pestilential fermentation, the genuine cause of all those ensuing symptoms. *Vid.* Venus *Unmaskt, Par.* 81.

Distinction VI.

Whence the Durability and great Contagion of the Pest.

WE cannot rationally imagine, that the Earth should be so turgid, as to supply the air with such quantities of Pestilential fumes, as to protract a Pestilence to a Year or two: Wherefore its very probable, those flaming malignities obtain a power of kindling and converting other sulphurous exhalations the air is at such times fil'd with, into Pestilent atoms; you may read more of this in my *Venereal Discovery*, Art. 6. Par. 25. The cause of their duration we ascribe to their analogick animation and nutrition, or attraction of fuel; But upon this I have already discoursed at large in *Venus Unmaskt*, Art. 19. Par 95.

Distinction VII.

Why are some Bodies more exposed to the Contagion than others?

BEcause of their passive disposition of Body and Humours to receive the Infection, and of being vitiated

ated by it; to wit, by foulneſs of their bodies, abundance of bloud, oppreſſion of the Spirits, aperture of their pores, thinneſs of texture of body, intemperance, promiſcuous converſe with all ſorts of people, whence the contagion oft lights in Taverns, Ale-houſes, *&c.*

Whence is it the Plague is ſo ſcattering at preſent? Becauſe Peſtilent Seminaries chance to expire and be kindled in ſeveral places.

Diſtinction VIII.

Why doth the Plague haunt one place more than another?

BEcauſe one place is cloſer, naſtier, and more putrid than others, by being environed with ditches, ſtincking gutters, and ſinks; houſes built upon a clay and foggy ground are more ſubject to conceive peſtilent Seminaries. Laſtly, ſome ſorts of earth being more ſulphurous than others, are more diſpoſed to expire venenous fumes.

Diſtinction IX.

How is the Peſtilent Contagion propagated?

TWo waies: Immediately, by converſing with infected perſons; or Mediately, by Peſtilent Seminaries, propagated through the air by continuation; or by thoſe denſe bodies, that eaſily incarcerate the infected air, as woollen cloaths, beds, furniture, in which the Contagion may be preſerved ſeveral years, as *Fracaſtorius* relates.

Distinction X.

The state of this present Plague.

THis Contagion might have been presaged upon consideration of its precursors, *viz.* a rude Winter, want of great showers of rain, a thick, close, sulphurous, and fiery air, stinks of ditches, and neglect of cleansing the gutters, sinks, and paring the streets. Whence we may collect, this Pestilence derives from expiring Mineral and adventitious Arsenical exhalations. The differences of Plagues are specified by the degree, qualification, or *modus substantiæ* of the Pestilent Seminaries, which according to their grossenes or subtility, activity, or hebetude, cause more or less truculent plagues, some partaking of such a pernicious degree of malignity, that in the manner of a most presentaneous poyson, they enecate in two or three hours, suddenly corrupting or extinguishing the vital spirits; others at their first appulse excite a *Per-per-acute* malign Feaver; and some begin with a putrid feaver, swiftly changing into a malign one, which nature this present Pest seems to have assumed, gradually encroaching upon us, as we have already expressed.

The Pestilence, in respect of its Seminaries, peragrates the four ordinary times: to wit, first, the Commencement, when those fiery Miasms are but newly kindled, and begin to expire into the air, and but few dye. Secondly, The *Augment*, when the said pestilent exhalations exhale in greater quantities, and kindle other Seminaries in the air. Thirdly, The *state*, when they burst out in a full stream, and have kindled most part of the fiery

fiery contents of the air, at which time people dye thickest, and fewest escape. Fourthly, The *Declination*, when they begin to be extinguished, and the number of burials decreases.

Distinction XI.

Prognosticks of the Plague.

THis Pestilence, balancing the qualification of its causes and precursors, with the number of the infected, (which, considering the numerosity of the people, are but few,) and the degree of its malignity (specifying a milder sort of Plague,) portends no great mortality. At present it is in the *Augment*, and likely to attain to a *state* about the latter end of *August* or *September*, according to observations of preceding Plagues that have began at the same time and season.

Note, that most exitial feavers, although not concomitated with the Tokens, (*Exanthemata*,) *Anthraces*, or Carbuncles, are to be censured pestilential, and contagious; and therefore, although such houses are not shut up, it is every ones concernment to forbear making visits to any persons supposed to be dangerously ill.

Strong bodies, and good complexions, that have been temperate in their Diet, kept their bodies clean, and used Preservatives for a considerable time, are likely to escape, if they should be surprized in the *Augment*.

Distinction XII.

The Preservative Cure.

THe Preservative part seems the best, easiest, and surest cure of the Plague, for if once attraqued, it is great odds whether you escape, and therefore shall principally encline my endeavours to propose the best and most certain Preservatives.

We have illustrated to you, this Plague works upon us gradually by vitiating and corrupting our humours through the malign air, against which we are to preserve our bodies and humours in their natural state, and defend our selves against the injuries of the air.

1. Our bodies and humours are best preserved by feeding moderately upon meats of easie digesture, and of a dry temperature, as Mutton, Veal, Hens, Capons, *&c.* but dry roasted. By being temperate in drink, avoiding French Wines, Sack, Strong Ale, and especially musty Beer. *Coffee* is commended against the Contagion; likewise moderate exercise; be sure to prevent costiveness, and violent passions; Sleep moderately, and after you are up uncover your bed, and open the curtains to air it, and have the bed well shaken when it is made; for damps are very dangerous.

Abstain from all moist victuals, as fish, and moist fruits, especially from Cowcumbers, Lettuce, Spinnage, Plumbs, Peaches, *&c.* Oranges and Lemmons are judged very good against Infection; likewise Vinegar.

To go forth with an empty or hungry stomach is unwholsom, because the spirits tending from the circumference

ference to the ſtomach and intrails to attract nutriment, their deſerted vacuities in the extremities are filled up with the infectious air.

The beſt breakfaſt againſt the Contagion is Biſquit and Raiſins.

2. Plethory or abundance of bloud oppreſſing the ſpirits, that are already engaged by the malign air, oppugning them from without, is very apt to putrefie, and to be converted into malignity: and therefore *Phlebotomy* or opening a vein is of abſolute neceſſity, whereby the veſſels are rendred more looſe and free for the ſpirits to work in.

3. Likewiſe foulneſs of body, or excrementitious humours lodging in hidden receſſes, being diſpoſed to putrefaction, and oppreſſing the ſpirits, ought to be exquiſitely purged away.

4. Theſe internal diſorders or apparent inteſtine hoſtilities being thus prevented, you are to provide againſt the injuries of the venene air, which aſſaults us two waies: 1. Through the noſtrils and lungs by Inſpiration. 2. Through the pores of the body, eſpecially where the skin is thinneſt, and the Arteries moſt detected, (for the vital ſpirits ſeem to attract the air potently through the Arteries,) as about the wriſts, temples, Jugulars, groin, and under the arm pits. The *Indicata* relating to thoſe *Indicantia* are: 1. Perfumes to ſmell to, correcting and purifying the air before it is attracted by the Lungs, or rather antipeſtilential unguents and oyls to annoint the noſtrils with; for it is tedious to be alwaies obliged to hold a perfume to ones noſe; beſides, I obſerve moſt people that carry thoſe perfumed boxes about with them, imagine them ſufficient preſervatories, as if the Infection were only taken by inſpira-

inspiration through the Nostrils; but that is a great mistake, since the Contagion doth more ordinarily penetrate into the body through the pores of the Arteries. 2. *Lavatories* to wash the temples, hands, wrists, and Jugulars, do potently profligate and keep off the venome: But I should rather advise Antipestilential Emplasters to be applied to the wrists, temples, groin, and arm-pits, which is a most excellent and commodious way of preserving, because those *Lavatories* are easily dried up.

3. Since it is impossible, that those that are encompassed with a pestilential air can so preserve themselves, but at one time or other the Contagion will enter into this or that part, it is advisable we should continually fortifie our spirits with internal *Antidotes*, to expell those Venenosities, as fast as they croud in. The *Antidotes* ought to be so qualified as in a single Dose to retain the bloud in a continual mild fermentation for 24 hours, (known by a small glowing of the body and extremities,) whereby the insidiating corpuscles are expulsed, and the advenient ones kept off: and such are only gross *Diaphoreticks* given in substance, that scarce exhale out of the body in less time than a natural day. Hence appears the vulgar vanity, reposing an indubious confidence in a spoonful or two of those ordinary Antipestilential spirits, (as that of Sir *Walter Rawleigh*, the *Lord Bacon*, *Mithridate*, *Treavle*, and a thousand more, that are composed out of the same sudorifick ingredients) which because of their subtil parts and exiguous Dose, are consumed and evaporated in less than two hours time, and so the body is deserted without defence for the remainder of the day; besides they are apt to inflame the body, enrage the Gall, and engender pernicious

pernicious humours. Neither, as we may universally observe, is the Plague more shie in attaquing those that are armed with the said Antipestilentials, than others that slight all Preservatives.

But the greatest levity and imprudence is, that people should so preposterously addict themselves to tipling of the fore-instanced spirits, which encountring with foul bodies, and Plethories, and exciting a fermentation of those vitiate humours, must necessarily precipitate them into putrid and malign Feavers, especially where the air is so propitious for them. Moreover, they must also cause obstructions and constipations, by dissipating and absorbing the subtiler parts of the fluors, and leaving the courser behind. Now, to evidence the necessity of *Phlebotomy* and *Cathartick*s; the long rude Winter and cold Spring occasioning great appetites have extreamly provoked people to gourmandizing and debauchery, whence bodies result *Plethorick*, and *Cacochymick*, add thereunto the vitiate disposition of the air, sensibly contributing to the generation of depravate bloud; thus far touching the *Indications*.

Distinction XIII.

Caveats against the Plague.

1. SHun all publick meetings, where people promiscuously conversing with one another, do readily propagate the infection: besides nothing subministrates apter matter to be converted into pestilent Seminaries than peoples steams and breaths, especially of nasty folks, as beggers, and others: whence those houses happen to be sooneſt infected, that are crouded with multipli-

multiplicity of lodgers and nasty families.

2. Avoid passing close, dirty, stinking, and infected places, as Alleys, dark Lanes, Church-yards, Chandlers shops, common Alehouses, Shambles, Poultries, or any places where old household-stuff is kept, as musty beddings and hangings, for it is experienced, nothing breeds or retains Pestilent Atoms more than woollen, and feathers.

3. Those that have occasion to go by water to *Gravesend*, let them rather prefer lying upon the boords, than on musty infectious straw: Likewise Travellers in their Inns had better lye on the floar, or upon Chairs, than in those common nasty beds.

4. The best *Caveat*, and surest Preservative is to change the air, according to that trite *Distich:*

Hæc tria pestiferam pellunt adverbia tabem,
Mox, Longe, & Tarde, Cede, Recede, Redi.

i.e. Flee quick, Go far, and Slow return.

Distinction XIV.

Preservatives for the Rich.

1. FOr those that are Plethorick or full of bloud, it is necessary they should be let bloud.

2. It is of great concernment to have their bodies well purged, and obstructions removed, to procure the bloud and spirits a free course, ventilation, and transpiration, by sutable purges and *Ecphractick* Medicines.

3. The body ought to be maintained in its dayly excretions, and its superfluous humours substracted at

several

several times, to hinder all excrementitious accumulations, by such means as are *Eccoprotick,* and do particularly oppugn the malignity, for which purpose *Pilulæ Ruffi sive Pestilentiales* are much cryed up; taking a half drachme or a drachme mornings, once or twice a week; or these following:

℞ *Al. Succot. Nutrit. Suc. Absinth,* ℥ ij. *Gum. Ammon. Sol. in Acet Squil.* ℥ j. *Tart. Vitriol. Sal. Absinth.* an. ℥ ß. *Sal. Vitriol.* ℈ j. *Croc. Angl.* gr. 15. *Ol Succin.* gut. 20. *Syr. Veton.* q. s. *M. F. Mass.* Pil. *Dos.* a ℈ j. ad ℈ ij. *Mane duabus horis ante cibum.*

This being premitted, Ile commend to you this following Antidote.

℞. *Pulv. Lign. Guaiac.* ℥ ß. *Flor. Sulphur.* ℥ ij. *Antimon. Diaphor.* ℥ j. *Nor. Benz.* ℈ ij. *Sal. Centaur. Min.* ℥ ß. *Myrr. rub.* ℈ j. gr. 5. *Camphor.* ℈ j. *Croc. Angl* ℈ ß. *Ol. Succin.* gut. 15. *Ol. Vitr.* gut. 10. *Mel. Junip.* q. s. *M. F. Elect. Dos.* a ℥ ß. *ad* ℥ j ß. *vel.* ℥ ij.

This mixture contains all the properties that can be desired in a most excellent Pestilential Antidote; The ingredients being prescribed in their substance do not suddenly exhale or depose their virtues, but maintain the bloud in a gentle fermentation for a whole day and night, actuate the spirits, absorbe the intestinal superfluities, reclude oppilations, mundifie the bloud, oppugn putrefaction, gently expell and work out all contagious Seminaries through the pores, and all this without inflaming the body, which makes it suitable to all temperaments. I could here recite five hundred very select antipestilentials, but judging this to answer all Indications, shall therefore supersede that needless pains.

The Dose hereof is about the bigness of a small Walnut, or more, every Morning, drinking upon it a draught of wormwood Rhenish, and an hour or two after you may breakfast upon biscuit and raisins.

It is also very proficuous to take a good large dose once a week, and sweat moderately upon it a bed.

This following we have composed out of the chiefest Alexipharms, but most for Phlegmatick temperaments.

℞ *Conserv. Salv. Ros. Vet.* an. ℥ j. *Elect. de Ovo, Diascord. Frac.* an. ℥ ss. *Flor. Sulphur.* ʒ ij. *Rad. Zedoar. Dictam. Carlin. Scorzon. Angel. Ostrut. Gentian. Tormentil.* an. ʒ ss. *Myr. Suc. Alb. Thur. Camph.* an. ℈ j. *Extr. Junip.* ʒ j *Tinct. Croc* ℈ ij. *Ol. Angel. Spir. Vitriol.* an. gut. 15. *Syr. Acet. Citr.* q s. *M. F. Elect. Dos.* a ʒ j *ad* ʒ ij.

Children and bigbellied women require Antidotes somewhat more grateful to the Palate, and less hot; as these tablets.

℞ *Spec. e Chel. Cancr. Corn. Cer. Nov. Præp. Terr. Sigil. Succin. Alb.* an ʒ j. *Ol Cort. Citr.* gut. 10. *Sacchar. Alb.* q. s. *Sol. in Aq. Ros. M. F. Rotul. Pond.* ʒ ij.

Having now proposed to you the choicest internals, it is requisite to add some external defences, to keep off the air from entring, *viz.* Emplasters to be applied to the wrists, temples, and groin.

℞ *Mithrid Opt. Vet.* ℥ j, *Cinab. Factit.* ʒ j. *Vitriol. Roman.* ℈ ij. *Pic. Liq.* ʒ iij. *Cer. Alb.* q. s. *M, F. Empl. Extend. Super. Alut. vel Pan. Seric.*

This Emplaster, I can assure you, is of that force and vertue, that you would detract from its worth in using

using any thing else to second it, since it performs the same effects of intrinsick Alexipharms; besides it perfumes ones cloaths, purifies the air, attracts the venom outwards, and gently keeps the vital spirits in play.

Cordial Bags worn next ones breast over the heart, likewise Pestilential stomachick Emplasters applied to the stomach, do potently resist the Infection, and preserve the entrails.

The Cordial sweet-bag.

℞. *Rad. Calam. arom. Angel Zedoar.* an ℥ j ſs. *Flor. Anth. Salv. Ros.* an. P. j. *Sum. Rut. pul. Benz. Styr. Myrr.* an. ℥ j. *Santal Citr. Nuc. Muscat. Cinam.* an. ℥ ſs. *Camphor.* ℈ j. *Pulveriz. M. F. Saccul.*

The Stomach Emplaster.

℞ *Emplastr. Stomach.* ℥ j. *Myrrh* ℥ j. *Zedoar.* ℈ ij. *Extract. Rut. Angel.* an. ℥ j. *Ol. Succin* ℈ ſs. *Ol. Laurin.* q. s. *M. F. Empl. scutiform applicand stomach.*

The Nostrils and the jugular Arteries ought to be anointed every morning with this following liniment or Balsom.

℞ *Ol Stillat. Angel. Rutæ. Succin.* an. ℈ j. *Caphur* gr. 5 *Ceræ Alb.* q. s. *M. F. Balsam. inungant. intern. nar. & Art. jug.*

Some do also commend *Balsame of Sulphur* to anoint the Nostrils with; but erroneously, because its sent is suffocating and very offensive to the Lungs.

The face and hands may be defended with this single wash.

Take half a drachme of Camphor, dissolve it in two ounces of wine Vinegar, and mix it with four ounces of Rose-water.

The brain should likewise be shielded with a *Cucupha*, or spice cap, made with the same *species* prescribed for the cordial sweet bag.

It will not be amiss to insert a word or two touching their cloaths. Nothing seems more preservative than cleanliness and oft shifting of Linnen, because the steams of a mans body inhering in dirty linnen are very apt to putrefie into malignity; it is likewise very commendable to change cloaths once or twice a week, for the reason alleged. At nights have a fire kindled in your Chamber, which doth very much conduce to purifie the air, and consume all noxious damps; and after you are a bed cause your cloaths to be hung before the fire, whereby the venene air that possibly may be latent in the wooll is potently extracted; Next morning perfume your cloaths with these following Trochisces.

℞ *Rad Angel. Zedoar.* an. ℈ iiij *Gum Junip. Myrr Styr. Cal.* an. ʒ j *Sem Rut flor Lavend.* an ʒ ß. *Arsen. Pel.* ℈ j *Excip. Thereb. M.F. Trochis. Pond.* ʒ ij.

What concerns the election of cloaths, it is probable Hairs Stuff, as Camelots, or Grograins, are least disposed to harbour infection, their density denying passage to the thick contagious air, easily glancing or slipping off their glib surface, whereas woollen and wooSted do easily retain infection.

Since we have hitherto instructed you how to preserve your self abroad, it falls in course to propose such means, as may conspire your preservation within. Above all keep your house very dry with fires, for dampness,

dampneſs, as I have illuſtrated in my *Philoſophy*, Part 2. Book 1. Chap. 24. Par. 5. is a great cauſe of the Plague. Next prefer neatneſs and cleanlineſs in your Kitchin, Buttrey, Sinks, *&c.* be ſure to have the upper corners of your Rooms well ſwept, and that often; cauſe your Room where you moſt abide in to be oft waſht with water and Vinegar: flaſh Gunpowder in it twice or thrice a day, or burn frequently pitch and brimſtone, or the before written Trochiſces; perfume your ſheets likewiſe by burning the ſaid Trochiſces in a warming pan. Put away your Cats and Dogs, for they are not only apt to tranſport the contagion from other places, but do alſo emit ſtinking fumes or ſteams, that are readily converted into malignity.

Diſtinction XV.

Preſervatives for the Poor.

CAcochymies or fowl bodies of the Vulgar, contracted through courſe and dreggiſh feeding do require ſtrong Purges, or rather vomits once or twice repeated, among which for its cheapneſs and excellency in evacuating, deoppilating, and expelling all malignity, we prefer this following:

℞. *Vitr. Antimon.* a gr. 2. *ad* 4. *Diaſcord. Frac.* a ℈j. *ad* ℈ ij *M.F. Bol. Capiat mane cum regimine.*

In Plethories opening a vein proves a great Preſervative.

Hereupon they are to take a draught of this antipeſtilential Tincture or Infuſion every morning, repeating

repeating the foresaid Vomit once a month.

Take Juniper berries one ounce, Gentian root, Zedoary, Myrrh, of each two drachmes, Rue tops half a handful, bruise them all in a mortar, and being put into a clean earthen pot, poure upon them Wine Vinegar and Brandy, of each the same proportion, as much as will swim three fingers atop; stop the pot very close, and set it for 24 hours on the hot Cindars; then strain it, and dissolve in it Camphor, and sal Prunellæ, of each half a Drachme.

A spoonful hereof, or two at most, taken Mornings and Evenings is so potent a defence and Preservative, that scarce any Pestilence is poysonous enough to infringe its force.

An hour or two after, they may breakfast with bread and butter, and Sage, Rue, or Garlick; and wormwood Rhenish.

To smoak Tobacco oft, especially Mornings and Evenings seems an excellent Preservative.

Its judged by many, that Issues conduce to divert the malignity; but chiefly in Children and moyst Constitutions.

Amulets are commended by some, and disproved by others.

We do also commend to them our Pestilential Emplasters, prescribed in the preceding *Distinction*, to be applied to the same parts, *viz.* wrists, temples, groin, and under the armpits.

Touching fumes to correct the air, they will find this following very efficacious: Take *Rue* and steep it in Vinegar, and pour some of it twice or thrice a day upon a hot Iron: or pour Vinegar and water upon unquencht Lime.

Above all let them study cleanliness.

Distinction

Distinction XVI.

The Pestilential Cure.

IF on a sudden you are surprised with a great head-ach, anguish, and soreness or pains of all your limbs, you may with reason suspect your condition; and therefore lay aside all business immediately, betake your self to this ensuing Antidote, composing your self to a copious sweat in bed.

℞. *Bezoart. Min.* a gr. 6. *ad* 12. *Spir. Corn. Cerv.* a gut. 4. *ad* 8. *Caphur.* a gr. 2. *ad* 4. *Diascord.* ℈ j. *M. F. Bol. Deaurat.*

Continue the sweat for an hour; afterwards in case of too great a Laps of spirits, take a spoonfull or two of the below mentioned Cordial restorative. The symptoms disappearing upon the sweat, it is a sign there was no infection; if otherwise, six hours after be let bloud to a small quantity of 5, 6, 7, or eight ounces, and within a quarter of an hour after, sweat again upon the repetition of the prescribed *Bole.*

In case the Sickness attaques you with more certain and evident Symptomes, immediately exhaust a convenient proportion of bloud, and within a quarter of an hour assume the *Pestilential Bole*, or this annext *Tincture*, and sweat copiously upon it.

℞. *Rad.*

℞ *Rad. Carlin. Angel. imperat. Zedoar. Tormen.* an. ʒ vj. *Rad. Contrayer.* ℥ ſs. *Diaſcord. Frac.* ℥ iiij. *Myrr.* ℥ ij. *Croc. Orient.* ʒ vj. *Camphor.* ʒ ij. *Superfun. Spir. Vin. Rect. Spir. Sulphur. per Camp.* ʒ j. *Acuat.* ℔ j ſs. *diger per dies* 8. *Dein Coletr. per Chart. Empor. M. F. Tinct. Dos. ab* ℥ ſs. *ad* ℥ j.

1. We judge Vegetables more commodiouſly given in infuſion than ſubſtance, becauſe of their quicker operation. 2. We do alſo prefer *Tinctures* before diſtilled liquors; becauſe theſe are nothing but abſtracted *menſtruums*, impregnated with a nauſeous phlegm, or light cariated duſts of Vegetables, whereas the virtues of the ingredients are chiefly latent in their ſalts, that are left in the bottom of the Still: Whence it is, that *Treacle Water* is ſo feeble, and of ſo faint a taſte, far different from the ſtrong faculties and ſent of Treacle in ſubſtance. Neither are *Treacle* or *Mithridate* in ſubſtance proper Medicines againſt the Plague, becauſe conſiſting of a great many *Aromata*, or groſs aduring Spices, they impreſs an *Empyreume* upon the intrails for want of ſubtil diſſipative parts. Whence you may readily apprehend the excellency of the preſcribed Tincture, being extracted from few, but moſt experienced and ſelect ingredients.

Having paſſed your ſweat, relieve your ſpirits with a ſpoonfull or two of this *Analeptick*.

Take a Pollet or Capon, cut it into ſmall pieces, and put them into a diet pot, affuſe upon them black Cherry, Burnet, Borrage, and Roſe water, of each four ounces, let them ſimper four hours upon a gentle fire, afterwards expreſs the liquor,

liquor, and mix with it Cinamon water comp. an ounce and half, gely of Quinces, and Currants of each one ounce and half, syrup of Citrons one ounce, Saffron twenty grains.

Some six or eight hours after repeat the said sudorifick, and thereupon the *Refective Cordial.* The Contagion being very malign indicates the commixture of some *Narcotick* with the *sudorifick*; as a grain or two of *Laudanum Opiatum*, to allay the violence of the Fermentation. If the malignity be only obtunded by the fore-instanced *Diaphoreticks*, a third Dose will prove necessary. Inject also lenitive and detergent glysters between times.

To extinguish the great heat, and abate the Patients immoderate thirst, this Julep is thought very excellent.

Take the shavings of Harts horn one ounce, affuse a quart of water, and boyl it for half an hour or less, strain it, and dissolve in it three ounces of syrup of Popies, one drachme and a half of Sal. Prunellæ, one Scruple of Spir. of Vitr.

This may be inforced by *admixing* two or three ounces of *Aq. Sperm. Ranar.* to it.

Against restlesness or immoderate vigilies we use to prescribe this following in malign feavers.

℞. *Aq. bor. Nymph. Pap. Rh.* an. ℥ j ſs. *Diascord. Frac.* ʒ j. *Syr. Pap. Rh.* ℥ j ſs. This, if frustraneous, is fortified with *Diascord.* or *Laudan. Op.*

Anoint the Temples, Nostrils, and Jugulars with *Ung. Pop. Alabast.* an. ʒ j ſs. *Op. Theb. dissol. in spir. Vin.* gr. 9. *Camphor.* gr. 3. *M. F. Lin.*

Against the aduſtion of the tongue and mouth uſe Plantain water four ounces, two ounces of Roſe Vinegar, one ounce of Syrup of Mulberries, one drachme of Sal Prunellæ.

If upon the firſt ſhock of the Contagion the ſtomack is vitiated in its retention, ſo as it vomit up whatever is ingeſted, exhibit a Doſe of *Salt of Vitriol*, which beſides its ſpeedy evacuation by vomit without enervating the body, doth ſingularly infringe the malignity. An hour or two after its operation aſſume a Doſe of the *Antipeſtilential Tincture*, which repeat as oft as neceſſary.

If the Patient is ſurpriſed with a Lipothymous anguor, jactitation, or great oppreſſion about the ſtomach and Hypochonders, expect no relief from Cordials in that caſe, although uſually preſcribed, but take a Doſe of *Salt of Vitriol.*

A raging headach is only appeaſed with ſoporiferous Liniments, and internal Narcoticks.

A Dyſentery is ſtopt by a Deterſive mixt with a Narcotick; *viz. Diaſcord. ad* ℥ j. *Laudan. Opiat. ad.* gr. 2. *vel* 3.

Diſtinction XVII.

The Cure of Carbuncles.

CArbuncles the more they break forth in number, and the farther from the heart, ſo much the better, which if ſoft, and eaſily perduced to a laudable maturation with the ſequel of the imminution or mitigation of ſymptomes, portend a happy event; if otherwiſe, the contrary.

Since

Since Nature doth disburden her self of the venom by those kinds of tumours, we are to give them vent as speedily as possible, by applying strong acre and attracting Maturatives; as this following:

Take sharp Leaven one ounce, Garlicks roasted number two, Mithridate half an ounce, Mustard seed bruised two drachmes, oyl of Rue *Per. infusion.* two ounces, make it to a Poultis.

The said tumours being but imperfectly maturated, known by their softness, are to be opened with a *Caustick*, and a milder Poultis to remain on untill the crust falls off, then to be mundified with honey of Roses an ounce, *Mithridate* a dram, dissolved in spirits of Wine; this to be imbibed by stoupes and applied, imposing upon them an *Empl. Diachyl.*

Distinction XVIII.

Whether Phlebotomy ought to be celebrated in the Cure of the Plague?

IT is generally thought *Phlebotomy* retracting the bloud from the Circumference to the Center, doth also convey the concepted Contagion with it, and so impact it deeper into the body; for which reason it is disapproved by those that know no better; but this supposed, it is no prejudice as long as the Contagion being still in motion is immediately after expelled with a double force, by taking a sudorifick upon it; for by letting bloud in the beginning after that manner, we take the greatest advantages imaginable: 1. We detract some part of the burden from the spirits, that are too much oppressed already by the malignity. 2. There-

by we remove obstructions of the vessels, and relax the constipation of the pores towards a ventilation and transpiration, which otherwise doth deny passage to the malignity Nature endeavours to expell by sweat. 3. The spirits being embroyled with the malignity, and drowned in the bloud, (not only abounding, but also turgent and tumified by the Febril fermentation,) and so tyed up from expelling the venosity are by Phlebotomy relieved, set free and loose, abstracted from the fermentation, whence afterwards uniting together do forcibly expel the venom by transpiration, (whence it is most persons are easily incident into sweats after Phlebotomy,) especially if moved by a *Diaphoretick*, although but gentle. Wherefore you may now believe nothing more proficuous against the Plague (but in the commencement only,) than Phlebotomy, seconded with *Diaphoreticks:* read the same question in my *Vener. Discov.* Book, Art. 5. P. 14.

Distinction XIX.

Whether the Plague cannot be generally prevented by purifying the Air, and extinguishing the Pestilent Seminaries therein floating?

IT is recorded *Hippocrates* cured his Island, being infected with a Deleterious Pestilence, by setting in fire a great Wood, which attracted all the Venene Seminaries, and so consumed and amortised them: but it's observed he did so, when the Plague was declining. But it is not as the Vulgar imagines, the Pestilent Seminaries must not only be extinguisht, but all the sulphurous matter of the air, whereout the said Venenosities

nenosities are kindled, be consumed: And lastly, not only so, but the Earth must also have vented all her malign fumes; for know, that a Pestilence generally derives its origine from a *Crisis* of the Earth, whereby it purges it self by expiring those Arsenical fumes, that have been retained so long in her bowels; now before a Pestilence can cease, the Earth must have purged it self through those transpirations, which continue longer or shorter, according as the heat of the Sun doth assist her by attracting the said fumes, or small Rains open her pores by relaxing her surface; whence we may now weekly observe, the more small Rains there fall, the more the present mortality increases. So that you may now collect a Pestilence to be originally nothing but a Critical sweat of the earth.

The air may be purified by burning great fires of pitch barrels, especially in close places; by discharging of great Guns into infectious Streets; by burning of *Stinck pots*, or *Stinckers*, as they call them, in Contagious Lanes; besides many other waies which at present time and paper denies us a recital of: Otherwise I should have inserted many other very considerable Secrets for Preservation and Cure, but I content my self to have served the Publick, by divulging the most apposite methods, and choicest Medicines that can be composed or thought upon.

FINIS.